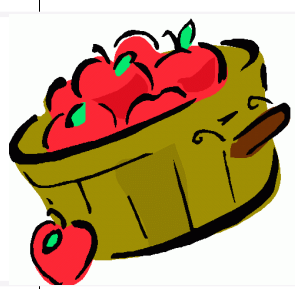


## September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Closed Labor Day Holiday</b>          <b>2</b>	Today in History Watermelon Day Seedy Snacks & Crafts          <b>3</b>	Today in History Singalong With Kay          <b>4</b>	Today in History Active Games          <b>5</b>	BINGO Today in History          <b>6</b>
Today in History Breakfast Bar          <b>9</b>	Today in History Shadow Box Art          <b>10</b>	Today in History Motown Trivia          <b>11</b>	Today in History Music & Dance with Al & Anne          <b>12</b>	BINGO Today in History          <b>13</b>
Today in History Alcohol Ink Tiles          <b>16</b>	Today in History Music with Ellis          <b>17</b>	Today in History Music with MaryAnn          <b>18</b>	Today in History Paws4Comfort Pet Stories          <b>19</b>	BINGO Music with Charlie E          <b>20</b>
<b>Bob Evans Restaurant 9:30am-1:30 pm (410) 290-0004</b>          <b>23</b>	Today in History Healthy Tasting Personal Apple Pies          <b>24</b>	Today in History Music & Dance with Al & Anne          <b>25</b>	Today in History Japanese Tissue Paper Flowers          <b>26</b>	BINGO Today in History          <b>27</b>
Today in History Board Games and Billiards          <b>30</b>	<div> <b>Daily Activities:</b>            9:30 Arrival &amp; Coffee Talk            12:00 Lunch            12:40 Exercise with Leah         </div> 			

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## CAREGIVER'S CORNER

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### Eight Surprising Things That Increase Your Chance of Stroke

You take your cholesterol meds, keep your blood pressure in check, don't smoke, and maybe you even exercise a few times a week. If that's the case, good news — you've neutralized some of the biggest risk factors for stroke and heart attack.

High blood pressure, high cholesterol, obesity, diabetes and smoking are the biggest risk factors, but they aren't the only ones. Here are some lesser-known factors that have been linked to a higher risk of stroke and heart attack.

1. Not enough (or too much) sleep
2. Bad oral hygiene
3. Episodes of irregular heartbeat
4. A single night of binge drinking
5. Prolonged antibiotic use
6. Flu-like illness
7. Too much sitting
8. A diet heavy on red meat

To read the full article from AARP, click this link:

[https://www.aarp.org/health/conditions-treatments/info-2019/cardiovascular-risk-factors.html?cmp=EMC-DSO-NLC-WBLTR---CTRL-082319-F1-3975985&ET\\_CID=3975985&ET\\_RID=27712974&encparam=4vhgcob9AadU1t%2bbwrS0TXmNkPrYv3J3V2khCTUB8EA%3d](https://www.aarp.org/health/conditions-treatments/info-2019/cardiovascular-risk-factors.html?cmp=EMC-DSO-NLC-WBLTR---CTRL-082319-F1-3975985&ET_CID=3975985&ET_RID=27712974&encparam=4vhgcob9AadU1t%2bbwrS0TXmNkPrYv3J3V2khCTUB8EA%3d)

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## LET'S CELEBRATE OUR SEPTEMBER BIRTHDAYS

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We will celebrate our September birthdays on September 24th at our Birthday Bash with a delicious cake provided by the 50+ Center. This month Connections Social Day Program members' Brady, Ines and Myrtle are celebrating birthdays! Happy Birthday to one and all!

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## IMPORTANT DATES REMINDER!

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The Bob Evans restaurant trip is scheduled for Monday, September 23rd 9:30am-1:30pm. The bus will bring regular riders to and from Bob Evans. **Bob Evans'** address for family drivers is 8325 Benson Drive, Columbia, 21045

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## INCLEMENT WEATHER POLICY

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When Howard County Schools are closed or delayed two hours, the Connections Social Day Program is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV, listen to the Inclement Weather Line at 410-313-7777 or contact the center at 410-313-7218 to hear a recorded message regarding center operations.

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## RTA CONTACT INFORMATION

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Call 1-800-270-9553. Press "3" and follow prompts.